

## Book Review 'Mastectomy: A Guide For Patients'

**Dr. Uqbah Iqbal**

### Corresponding author

Managing Director, Pitas Agriculture, Kampung Mempakad Darat, 89100 Pitas, Sabah, Malaysia

**Email :** druqbahiqbal.aia@gmail.com

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### INTRODUCTION

Many things change when diagnosed with known breast cancer. This may be your first experience with doctors, hospitals and advanced medical technology. Everything looks awkward. What questions should you ask the medical team treating you? What are your rights as a patient? What are your responsibilities? Having cancer doesn't mean you lose control your life. A cancer diagnosis can be turned into an opportunity for you to take control of your life. By making a decision when it comes to your personal care, you can choose the direction of your life. This book is prepared to answer your questions and provide information while you strive for restore your health. In terms of the history of breast cancer treatment for many years, Halsted's radical mastectomy is the standard treatment for breast cancer in the whole world. This treatment involves removal of the wall muscles chest, breast tissue and lymph nodes. Often, cancer is just diagnosed after the doctor felt a lump with his hand in the breast. This happens because women are less aware about the importance of examining their own breasts. In the late 1960s, mammography made possible cancer breast is detected early, causing measures to be taken to modified radical mastectomy. New surgical procedures do not affects the chest muscles, reducing the possibility of swelling arm, helps arm movement, and provides opportunities which are better for breast reconstruction.

In the mid-1970s, studies have shown that in the early stages of some types of breast cancer, Lumpectomy treatment and radiotherapy (radiation therapy) are the same as effective as a total removal treatment breast. Breast cancer treatment requires a professionals team who have interests and expertise specialized in the treatment and cure of breast cancer. Each contributed their skills towards

the same goal. Your nursing team may consist of surgeons, radiologist, pathologist, oncologist, breast care nurse and oncology nurse. You are a patient, a part of important nursing team. You should learn as much get involved with making a decision, agree with your appointment with the doctor, cooperate fully and positive attitude. You have to trust the nursing team, treatment planning tailored to you, and with your ability to deal with this experience. Your doctor may recommend chemotherapy treatment. This decision was made based on several factors, including the type and size of your tumor, the lymph nodes involved and hormone receptors. A mastectomy has removed your breast and cancer in it. Chemotherapy given by a specialist and oncology nurses consist of a powerful combination of drugs which can destroy cancer cells that may have been spread to other parts of your body. Although there are unpleasant side effects, benefits in the long term far outweigh the temporary discomfort that you may experience. Not all side effects are experienced by all women. You can ask your doctor or nurse about the case you specifically. Some side effects of chemotherapy commonly experienced are nausea, vomiting, hair loss temporary, low blood cell count, and menopause which is quite early. Your oncologist can give you other medicines along with chemotherapy which can help reduce nausea and vomiting and restore your blood cell count.

While undergoing treatment, it is good for you in terms of physically and emotionally to stay active and eat foods that balanced. A positive attitude can help you deal with the side effects. Two factors are believed to contribute to increased risk of breast cancer is obese and consuming foods that contain high fat content. Obese is defined as a body weight of more than 14 kg (30 pounds) of normal body weight, it is believed to increase the risk of breast cancer. A diet consisting of from foods that are high in fat, especially animal fat, contribute to obesity. The usual foods that have a lot of fat is food produced from fresh milk and fatty meat. One way to reduce fat intake is by replacing fresh milk or cream with low-fat or fat-free milk. Another way to reduce fat is to eat white meat such as chicken or fish, or less red meat fat. There are several steps you can take to obtain or maintain a healthy diet. Food sugary and alcoholic drinks contain high calories, therefore you should limit its intake. You can also add foods that are rich in fiber such as fruits, vegetables and grains. Exercise is another way to lose your weight and to improve your comprehensive health level. Walk for 30 minutes, three or four times times a week is an easy way to exercise and

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does not cost money. Swimming and cycling are also very good. Although there are many ways to exercise, take your pick some type of exercise that you enjoy so that you want to continue do it. Smoking is one of the main health risk factors. Some women are highly motivated to quit smoking after a diagnosis of breast cancer. In conclusion the message you should understand from this booklet is you can control your life. Cancer is not decisive your life, but only a part of it or only one episode in your life. You are still the same friend, the same colleague, same spouse, or same mother.

## References

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